

# Decoding Online Resources (National Library of Medicine)



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**It's Back-to-School time!**

Tips for parents and kids at our [School Health page](#).

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# Passport to Nutrition

**ZACK**



Some people call me a computer whiz, but my favorite thing to do is learn new tricks on my skateboard.



Cooking healthy food is almost as fun as eating it! I love to try new recipes and when I grow up I want to be a chef!

**ALYSSA**



I love to be creative and my favorite class is art. When I'm not drawing, I love to dance!



Team sports are my game and I never leave home without my baseball!

## lesson 1

### mission: nutrition

We eat and drink every day, but did you ever stop to think why? It's simple! Foods and drinks have nutrients – materials that supply essential building blocks to help you grow up strong.

Here are all the different types of nutrients, where to find them and what they do:



#### vitamins & minerals

play a role in helping you grow and develop. Different foods have different vitamins and minerals, so eating a wide variety of foods helps you get all the vitamins and minerals you need! Orange and green fruits and veggies have vitamin A, breads and meat have B vitamins, and dairy products have calcium, a bone-building mineral!

#### water

is in your cells, your blood, and even your bones! Water helps to transport substances throughout your body and control your temperature. We all know you get water by drinking it, but lots of foods, especially fruits and veggies, also have lots of water.



Think back to what you ate for breakfast today. Can you name 3 nutrients in your morning meal? What could you add to your meal so it had even MORE nutrients?

#### carbohydrates (carbs)

are broken down into glucose (sugar), which gives us energy. There are two types: simple carbohydrates and complex carbohydrates. Simple carbohydrates are found in foods with added sugar (like candy and soda), and foods that have natural sugars (like fruit and milk). Complex carbohydrates are found in foods like whole grain breads and beans.



#### fiber

helps your stomach and intestines work properly. It's actually just a form of carbohydrate that your body can't break down! Foods high in fiber can help you feel full and keep you from eating too much. Fiber is found in fruits and veggies, whole grains and beans.

#### fats

help us get energy and absorb certain vitamins. While you may think fat is always a bad thing, that's not true! Unsaturated fats, found in fish, nuts and some plant foods, can help our hearts stay healthy. But we should try to limit saturated fats from meats and full-fat dairy products, since they can make cholesterol levels high.



#### proteins

are building blocks for your body. They help to build your cells, nervous system, muscles, organs, bones and blood. They can also repair damaged cells.



Your body is made up of about 70% water

#### TEACHER CONTENT

**Objective:** To provide an overview of the 6 types of nutrients, where to find them and what they do.

#### Pre-assessment:

**Q:** What are nutrients/why are they important?

**A:** A nutrient is something that a living thing needs to stay alive and grow.

**Q:** Where can we find most of the nutrients our bodies need?

**A:** In the food we eat and the beverages we drink; however, some foods/beverages are more nutrient-rich than others.

#### After finishing the lesson:

**Play the 1st episode on the DVD to see the Passport Challenge: Nothing But Not-Nutrients.** Come up with your own challenge using the 6 different nutrients.


(Vitamin SEE experiment is on the next page)

URL to Passport to Nutrition (Giant Foods)

U.S. Department of Health & Human Services [www.hhs.gov](http://www.hhs.gov)

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Web site: <http://nnlm.gov/mar>  
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For questions regarding the content of this presentation or to request training please contact:

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